



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09298, Raisins, seedless

Report Date: July 01, 2017 01:03 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--|------|----------------|-------------|------------|-------|-------|-----|--------|--------|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water 2 3 4 7 8 | g | 15.43 | 11 | 2.446 | 9.9 | 22.54 | 4.0 | 8.641 | 22.225 | 5 | Analytical or derived from analytical | -- | 10/2002 |
| Energy | kcal | 299 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Energy | kJ | 1252 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Protein 1 2 3 | g | 3.07 | 9 | 0.079 | 2.91 | 3.2 | 2.0 | 2.736 | 3.414 | 3 | Analytical or derived from analytical | -- | 10/2002 |
| Total lipid (fat) 1 2 3 4 | g | 0.46 | 10 | 0.066 | 0.25 | 0.64 | 3.0 | 0.248 | 0.671 | 4 | Analytical or derived from analytical | -- | 10/2002 |
| Ash 2 3 | g | 1.85 | 8 | 0.177 | 1.61 | 2.12 | 1.0 | -0.393 | 4.094 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Carbohydrate, by difference | g | 79.18 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Fiber, total dietary 1 2 3 6 7 8 | g | 3.7 | 13 | 0.173 | 3.1 | 4.2 | 5.0 | 3.249 | 4.137 | 6 | Analytical or derived from analytical | -- | 10/2002 |
| Sugars, total 2 3 5 6 | g | 59.19 | 11 | 7.887 | 23.76 | 73.7 | 3.0 | 34.088 | 84.286 | 4 | Analytical or derived from analytical | -- | 10/2002 |

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|--|------|----------------|-------------|------------|------|-------|------|--------|--------|-----------|---------------------------------------|---------|---------------|
| Sucrose 2 3 5 6 | g | 0.45 | 11 | 0.184 | 0.16 | 0.98 | 3.0 | -0.132 | 1.041 | 4 | Analytical or derived from analytical | -- | 10/2002 |
| Glucose (dextrose) 2 3 5 6 | g | 27.75 | 11 | 3.475 | 11.4 | 34.3 | 3.0 | 16.688 | 38.808 | 4 | Analytical or derived from analytical | -- | 10/2002 |
| Fructose 2 3 5 6 | g | 29.68 | 11 | 3.752 | 12.2 | 37.18 | 3.0 | 17.736 | 41.617 | 4 | Analytical or derived from analytical | -- | 10/2002 |
| Lactose 2 3 | g | 0.00 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Maltose 2 3 | g | 0.00 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Galactose 2 3 | g | 0.00 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Starch 2 3 | g | 2.70 | 2 | -- | 0 | 5.41 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 50 | 42 | 1.383 | 32 | 63 | 12.0 | 46.748 | 52.777 | 13 | Analytical or derived from analytical | -- | 10/2002 |
| Iron, Fe 1 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 1.88 | 43 | 0.057 | 1.13 | 2.84 | 13.0 | 1.76 | 2.008 | 14 | Analytical or derived from analytical | -- | 10/2002 |
| Magnesium, Mg 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 32 | 42 | 0.421 | 27 | 38 | 12.0 | 31.347 | 33.181 | 13 | Analytical or derived from analytical | -- | 10/2002 |

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|--|------|-----------------|-------------|------------|------|------|------|---------|---------|-----------|---------------------------------------|---------|---------------|
| Phosphorus, P 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 101 | 42 | 1.327 | 74 | 113 | 12.0 | 98.086 | 103.87 | 13 | Analytical or derived from analytical | -- | 10/2002 |
| Potassium, K 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 749 | 42 | 7.719 | 584 | 862 | 12.0 | 731.889 | 765.527 | 13 | Analytical or derived from analytical | -- | 10/2002 |
| Sodium, Na 1 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 11 | 41 | 0.681 | 6 | 19 | 13.0 | 9.658 | 12.599 | 14 | Analytical or derived from analytical | -- | 10/2002 |
| Zinc, Zn 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 0.22 | 40 | 0.009 | 0.12 | 0.34 | 12.0 | 0.196 | 0.237 | 13 | Analytical or derived from analytical | -- | 10/2002 |
| Copper, Cu 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 0.318 | 42 | 0.009 | 0.23 | 0.43 | 12.0 | 0.299 | 0.338 | 13 | Analytical or derived from analytical | -- | 10/2002 |
| Manganese, Mn 2 3 9 10 11 12 13 14 15 16 17 18 19 | mg | 0.299 | 42 | 0.004 | 0.23 | 0.35 | 12.0 | 0.29 | 0.307 | 13 | Analytical or derived from analytical | -- | 10/2002 |
| Selenium, Se 2 3 | µg | 0.6 | 8 | 0.056 | 0.4 | 1 | 5.0 | 0.479 | 0.77 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Fluoride, F 3 | µg | 233.9 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2006 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 1 2 3 | mg | 2.3 | 6 | 1.159 | 0.7 | 4.6 | 2.0 | -2.638 | 7.335 | 3 | Analytical or derived from analytical | -- | 10/2002 |
| Thiamin 2 3 | mg | 0.106 | 8 | 0.004 | 0.08 | 0.13 | 5.0 | 0.095 | 0.116 | 2 | Analytical or derived from analytical | -- | 10/2002 |

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|--|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Riboflavin 2 3 | mg | 0.125 | 8 | 0.012 | 0.01 | 0.3 | 3.0 | 0.086 | 0.164 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Niacin 2 3 | mg | 0.766 | 8 | 0.065 | 0.49 | 1.33 | 3.0 | 0.569 | 0.962 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Pantothenic acid 2 3 | mg | 0.095 | 8 | 0.009 | 0.05 | 0.18 | 3.0 | 0.068 | 0.123 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Vitamin B-6 2 3 | mg | 0.174 | 8 | 0.006 | 0.1 | 0.26 | 3.0 | 0.156 | 0.191 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Folate, total 2 | μg | 5 | 4 | 0.482 | 4 | 6 | 3.0 | 3.42 | 6.488 | 1 | Analytical or derived from analytical | -- | 10/2002 |
| Folic acid | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | μg | 5 | 4 | 0.482 | 4 | 6 | 3.0 | 3.42 | 6.488 | 1 | Analytical or derived from analytical | -- | 08/2010 |
| Folate, DFE | μg | 5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Choline, total 2 3 | mg | 11.1 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2006 |
| Betaine 2 3 | mg | 0.3 | 2 | -- | 0.2 | 0.4 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 05/2006 |
| Vitamin B-12 | μg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |

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|--|------|-----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Vitamin A, RAE 2 3 | µg | 0 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta 2 3 | µg | 0 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Carotene, alpha 2 3 | µg | 0 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Cryptoxanthin, beta 2 3 | µg | 0 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Vitamin A, IU 2 3 | IU | 0 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Lycopene 2 3 | µg | 0 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Lutein + zeaxanthin 2 3 | µg | 0 | 8 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Vitamin E (alpha-tocopherol) 2 4 | mg | 0.12 | 5 | 0.027 | 0.05 | 0.18 | 4.0 | 0.043 | 0.193 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Tocopherol, beta 2 4 | mg | 0.00 | 5 | 0.000 | 0 | 0 | 4.0 | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |

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|--|------|----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| Tocopherol, gamma 2 4 | mg | 0.04 | 5 | 0.010 | 0.02 | 0.06 | 4.0 | 0.017 | 0.071 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Tocopherol, delta 2 4 | mg | 0.00 | 5 | 0.000 | 0 | 0 | 4.0 | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) 2 3 20 | µg | 3.5 | 9 | 1.080 | 1.7 | 7.3 | 2.0 | -1.181 | 8.111 | 3 | Analytical or derived from analytical | -- | 10/2002 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.058 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| 8:0 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 10:0 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 12:0 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | 1.0 | -0.003 | 0.003 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 14:0 2 3 | g | 0.001 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |

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|---|------|----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| 15:0 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 16:0 2 3 | g | 0.044 | 4 | 0.001 | 0.03 | 0.06 | 1.0 | 0.034 | 0.053 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 17:0 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 18:0 2 3 | g | 0.010 | 4 | 0.000 | 0.01 | 0.01 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 20:0 2 3 | g | 0.001 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 22:0 2 3 | g | 0.002 | 4 | 0.000 | 0 | 0 | 1.0 | -0.001 | 0.005 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Fatty acids, total monounsaturated | g | 0.051 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| 14:1 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 15:1 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 16:1 undifferentiated 2 3 | g | 0.039 | 4 | 0.000 | 0 | 0.08 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |

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| 17:1 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 18:1 undifferentiated 2 3 | g | 0.012 | 4 | 0.003 | 0.01 | 0.02 | 1.0 | -0.012 | 0.036 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 20:1 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| Fatty acids, total polyunsaturated | g | 0.037 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| 18:2 undifferentiated 2 3 | g | 0.028 | 4 | 0.003 | 0.02 | 0.04 | 1.0 | 0.005 | 0.051 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 18:3 undifferentiated 2 3 | g | 0.008 | 4 | 0.000 | 0.01 | 0.01 | 1.0 | 0.005 | 0.011 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 18:3 n-6 c,c,c 2 | g | 0.001 | 2 | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 10/2002 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| 20:2 n-6 c,c 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 20:3 undifferentiated 2 3 | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |

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|--------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 20:4 undifferentiated ^{2,3} | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 10/2002 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan ^{2,3} | g | 0.050 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Threonine ^{2,3} | g | 0.077 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Isoleucine ^{2,3} | g | 0.057 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Leucine ^{2,3} | g | 0.096 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Lysine ^{2,3} | g | 0.084 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Methionine ^{2,3} | g | 0.021 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |

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| Cystine 2 3 | g | 0.019 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Phenylalanine 2 | g | 0.065 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Tyrosine 2 3 | g | 0.012 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Valine 2 3 | g | 0.083 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Arginine 2 3 | g | 0.413 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Histidine 2 3 | g | 0.072 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Alanine 2 3 | g | 0.105 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Aspartic acid 2 3 | g | 0.110 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Glutamic acid 2 3 | g | 0.164 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Glycine 2 3 | g | 0.080 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |

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| Proline 2 3 | g | 0.254 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Serine 2 3 | g | 0.070 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/2002 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/2002 |
| Flavonoids | | | | | | | | | | | | | |
| Anthocyanidins | | | | | | | | | | | | | |
| Cyanidin 22 23 | mg | 0.03 | -- | 0.01 | 0 | 0.1 | -- | -- | -- | -- | -- | -- | -- |
| Petunidin 23 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Delphinidin 22 23 | mg | 0.0 | -- | 0 | 0 | 0.02 | -- | -- | -- | -- | -- | -- | -- |
| Malvidin 23 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Pelargonidin 22 23 | mg | 0.0 | -- | 0 | 0 | 0.02 | -- | -- | -- | -- | -- | -- | -- |
| Peonidin 23 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Flavan-3-ols | | | | | | | | | | | | | |
| (+)-Catechin 23 24 | mg | 0.4 | -- | 0.42 | 0 | 2.97 | -- | -- | -- | -- | -- | -- | -- |
| (-)-Epigallocatechin 23 24 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| (-)-Epicatechin 23 24 | mg | 0.1 | -- | 0.1 | 0 | 0.71 | -- | -- | -- | -- | -- | -- | -- |
| (-)-Epicatechin 3-gallate 23 24 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| (-)-Epigallocatechin 3-gallate 23 24 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| (+)-Gallocatechin 23 24 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Flavanones | | | | | | | | | | | | | |
| Hesperetin 23 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Naringenin 23 | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Flavones | | | | | | | | | | | | | |
| Apigenin 22 23 | mg | 0.0 | -- | 0 | 0 | 0.01 | -- | -- | -- | -- | -- | -- | -- |
| Luteolin 22 23 | mg | 0.0 | -- | 0 | 0 | 0.02 | -- | -- | -- | -- | -- | -- | -- |
| Flavonols | | | | | | | | | | | | | |
| Kaempferol 22 | mg | 0.0 | -- | -- | 0.01 | 0.01 | -- | -- | -- | -- | -- | -- | -- |
| Myricetin 22 23 | mg | 0.0 | -- | 0 | 0 | 0.03 | -- | -- | -- | -- | -- | -- | -- |

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| Quercetin 22 23 | mg | 0.2 | -- | 0.24 | 0 | 1.7 | -- | -- | -- | -- | -- | -- | -- |
| Isoflavones | | | | | | | | | | | | | |
| Daidzein 25 26 27 | mg | 0.03 | -- | 0.03 | 0 | 0.06 | -- | -- | -- | -- | -- | -- | -- |
| Genistein 25 26 27 | mg | 0.05 | -- | 0.06 | 0.01 | 0.12 | -- | -- | -- | -- | -- | -- | -- |
| Glycitein 27 | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Total isoflavones 25 26 27 | mg | 0.08 | -- | 0.09 | 0.01 | 0.18 | -- | -- | -- | -- | -- | -- | -- |
| Biochanin A | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Formononetin | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Coumestrol | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin | | | | | | | | | | | | | |
| Proanthocyanidin dimers 21 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin trimers 21 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin 4-6mers 21 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin 7-10mers 21 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin polymers (>10mers) 21 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |

Sources of Data

¹*Food and Drug Administration (FDA), DHHS FDA Study on Labeling*, 1996

²*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5f*, 2001 Beltsville MD

³*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5L*, 2001 Beltsville MD

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